



about **PERFECT PIES AND
PASTRIES...**

Here's everything from the best-ever Apple Pie, to authentic Pizza to delicious dessert pies—a wonderful selection of pastries and pies, both sweet and savory, to delight your family and friends.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

Here is a tempting selection of pies, small and large, sweet and savory. And we've included all the popular pastries, plus the versatile crumb crust.



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A LIGHT HAND WITH PASTRY

There are a few simple rules for good pastry:

1. Keep everything as cold as possible: Fat should be firm, liquid should come straight from the refrigerator. If time permits, put mixing bowl into refrigerator at least 30 minutes before you start to make pastry.

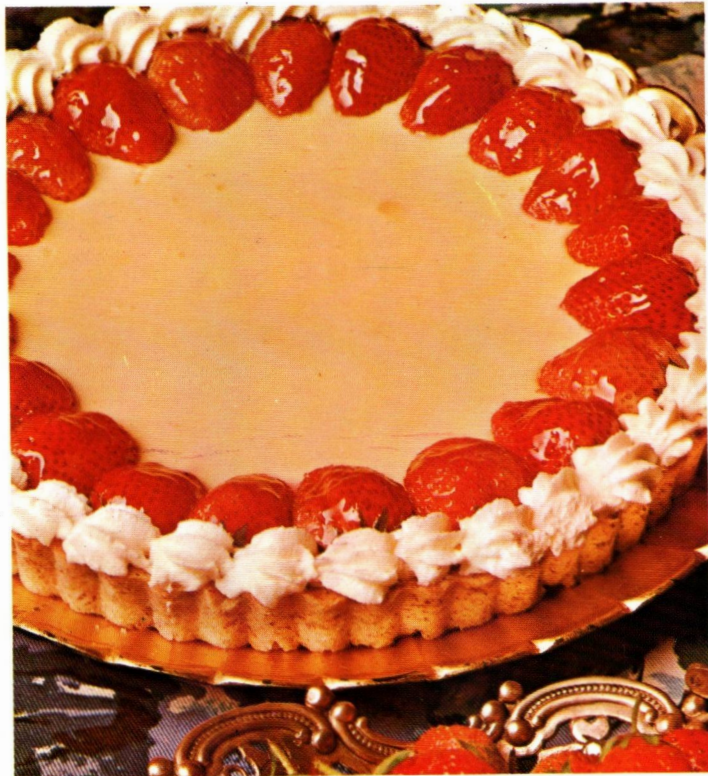
2. Sift dry ingredients: This ensures flour is without lumps, and also helps incorporate air, which gives lighter pastry.

3. Use only as much liquid as necessary: There should be just enough liquid added to make pastry firm enough to handle and roll out without breaking.

4. Cook at the correct oven temperature: Correct oven heat is as important for pastry as it is for cakes.

Photography by Garry Isaacs

HAZELNUT CREAM TART



HAZELNUT CREAM TART

½ cup plain flour
½ cup ground hazelnuts
pinch salt
2 tablespoons sugar

1 egg-yolk
60 g (2 oz.) butter
1 tablespoon water

Sift flour, salt and hazelnuts on to board, make a large well in centre. Put sugar in centre, make a well in centre of sugar. Add softened butter, egg-yolk and water. With spatula, work butter, egg-yolk, water and sugar together until creamy. Work in flour, using cutting motion with spatula. With hand, work mixture together into a soft dough. Press dough out to cover base and sides of greased 23 cm (9 in.) flan tin. Prick base and sides of pastry well. Refrigerate pastry 30 minutes. Bake in moderate oven 15 minutes or until golden brown.

CREAM FILLING

4 egg-yolks
2 tablespoons sugar
1 teaspoon vanilla
1¼ cups cream
1 teaspoon gelatine

2 teaspoons rum
1 punnet strawberries
2 tablespoons strawberry jam
1 tablespoon brandy

Put egg-yolks, sugar and vanilla in top of double saucepan, stir until combined; gradually beat in cream. Add gelatine, stir until combined. Place over simmering water, stir constantly until mixture thickens, and lightly coats the back of a wooden spoon. Remove from heat, immediately stir in rum. Allow cream filling to become cold before pouring into prepared pastry case. Refrigerate until filling is set. Arrange halved strawberries around edge of filling. Place strawberry jam and brandy into saucepan, stir over low heat until just simmering; remove from heat, push through sieve. Brush strawberry jam over strawberries. If desired, decorate with whipped cream.

RHUBARB AND PASSIONFRUIT PIE



RHUBARB AND PASSIONFRUIT PIE PASTRY

1½ cups plain flour
¾ cup self-raising flour
⅓ cup cornflour
⅓ cup custard powder
pinch salt
185 g (6 oz.) butter

1 tablespoon sugar
1 egg-yolk
3 tablespoons water
1 egg-white for glazing
extra sugar

Sift flours, custard powder and salt into basin. Rub in butter until mixture resembles fine breadcrumbs; add sugar, mix well. Make hollow in centre of dry ingredients, add egg-yolk and water (a teaspoon or two more water may be necessary); mix to a firm dough. Turn on to lightly-floured surface, knead lightly, roll in greaseproof paper, refrigerate 1 hour.

Roll out just over half the pastry to fit 23 cm (9 in.) pie plate. Fill with cooled filling. Roll out remaining pastry, brush edges of pie with milk, cover with pastry. Press edges together firmly, trim and decorate. Brush top with lightly-beaten egg-white, sprinkle with extra sugar. Bake in moderately-hot oven 15 minutes, reduce heat to moderate, cook further 20 to 25 minutes.

FILLING

500 g (1 lb.) rhubarb
(approx. 12 large sticks)
3 green apples
½ cup water
¾ cup sugar

½ teaspoon ground ginger
3 tablespoons arrowroot
3 tablespoons water, extra
3 passionfruit

Wash and trim rhubarb, cut into 2.5 cm (1 in.) pieces. Put into saucepan with peeled, cored and finely-sliced apples, water, sugar and ginger. Bring slowly to boil, reduce heat, simmer 5 minutes, or until rhubarb is cooked. Blend arrowroot with extra water, add to saucepan stir until mixture boils. Remove from heat, add passionfruit pulp. Allow to cool completely.

PROFITEROLES



PROFITEROLES

CHOUX PASTRY

1 cup water
75 g (2½ oz.) butter
pinch salt

1 cup plain flour
3 large eggs

Place water, butter and salt into saucepan. Bring to boil. Add sifted flour all at once; stir vigorously with wooden spoon over heat until mixture is thick. When mixture forms a smooth ball and leaves sides of pan, remove from heat. Allow to cool slightly. Add lightly-beaten eggs a little at a time, beating thoroughly after each addition. Continue beating until mixture is smooth and glossy. Drop teaspoons of mixture on to greased oven trays, bake in hot oven 10 minutes, reduce heat to moderate, bake further 15 to 20 minutes, depending on size of puffs. When cooked, remove from oven, allow to cool. Cut a small opening in bottom or sides of puffs. Fill with whipped cream; pour chocolate sauce over to serve.

FILLING

1 cup cream

2 tablespoons castor sugar

Beat cream with sugar until firm peaks form, pipe into base of small puffs.

CHOCOLATE SAUCE

125 g (4 oz.) cooking
chocolate

½ cup cream

Melt chocolate in top of double saucepan over warm water, allow to cool. Stir in cream, mix well. This sauce will thicken as it becomes cooler, but can be gently reheated in top of double saucepan over warm water until it becomes warm and of a pouring consistency.

LITTLE APPLE PIES

LITTLE APPLE PIES
PASTRY

90 g (3 oz.) butter
 ¼ cup castor sugar
 1 egg

1¼ cups plain flour
 ¼ cup self-raising flour

Beat the butter until creamy, add sugar, beat until just combined. Add lightly-beaten egg gradually, beating well after each addition. Sift flours, work in two-thirds of flour with wooden spoon, then remaining flour with the hand. Turn on to lightly-floured surface, knead lightly until smooth. Refrigerate 30 minutes before using.

FILLING

185 g (6 oz.) dates
 1 tablespoon brandy
 470 g (15 oz.) can pie-pack
 apple
 1 teaspoon cinnamon

1 teaspoon grated orange
 rind
 2 tablespoons brown sugar
 sugar, extra
 water for glazing

Put dates in small bowl, add brandy, allow to stand 20 minutes for dates to absorb flavor. Combine apple, cinnamon, orange rind, and brown sugar, mix well.

Roll out two-thirds of pastry thinly, cut with 8 cm (3 in.) round cutter; fit into deep patty tins. Keep remaining pastry for top of pies. Fill pastry cases with apple mixture; put 2 dates on top of apple. Roll out remaining pastry, cut with 5 cm (2 in.) cutter to top pies. Glaze with water, sprinkle with extra sugar. Bake in moderate oven 15 to 20 minutes, or until pastry is cooked and golden.

Makes about 10.

GERMAN PLUM TART



GERMAN PLUM TART PASTRY

1¼ cups self-raising flour
⅓ cup sugar

3 egg-yolks
90 g (3 oz.) butter

Sift flour on to flat board, make hole in centre, add sugar, egg-yolks, and butter cut into small pieces. Work butter, sugar and egg-yolks together until very soft, then gradually work in dry ingredients to make a firm pastry. Grease well 23 cm (9 in.) flan tin with recess base; dust lightly with flour. Roll out pastry lightly, press into flan tin. Pierce pastry with fork several times, to base of tin. Bake in moderate oven 20 to 25 minutes. Carefully remove from tin, cool on wire rack.

TOPPING

2 470 g (15 oz.) cans
dark whole plums

2 teaspoons gelatine
1 tablespoon rum

Drain plums, reserve 1 cup of the syrup. Arrange well-drained plums over recess section of tart, place in refrigerator. Place reserved 1 cup liquid into saucepan, add gelatine and rum. Stir over low heat until gelatine is dissolved. Place in refrigerator until liquid is the consistency of egg-white, then spoon over plums in tart. Refrigerate until set. If desired, decorate with whipped cream.

CUSTARD TART



CUSTARD TART BISCUIT PASTRY

90 g (3 oz.) butter
¼ cup sugar
1 egg

1 ¼ cups plain flour
¼ cup self-raising flour

Beat butter until creamy, add sugar, beat until just combined. Add lightly-beaten egg gradually, beating well after each addition. Work in two-thirds of sifted flours with a wooden spoon, then remaining flour with the hand. Turn on to lightly-floured board, knead lightly until smooth, wrap in plastic food wrap. Refrigerate 30 minutes before using.

Roll pastry to line greased 20 cm (8 in.) pie plate. Pinch edges to decorate. Carefully spoon custard into pastry case. Bake in moderate oven 30 to 35 minutes. After 15 minutes cooking time, sprinkle with nutmeg. Do not over-cook; custard will firm as it cools.

CUSTARD

3 eggs
1 teaspoon vanilla
2 tablespoons sugar

2 cups milk
nutmeg

Beat eggs, vanilla and sugar together; heat milk to lukewarm, gradually stir into egg mixture.

LEMON CHIFFON PIE



LEMON CHIFFON PIE

CRUMB CRUST

250 g (8 oz.) plain sweet
biscuits

125 g (4 oz.) butter
1 teaspoon cinnamon

Crush biscuits to fine crumbs, combine with melted butter and cinnamon, press over base and sides of 20 cm (8 in.) springform pan. Refrigerate while preparing filling.

FILLING

2 tablespoons grated lemon
rind
1 tablespoon grated
orange rind
1 cup lemon juice
 $\frac{1}{4}$ cup orange juice

1 cup sugar
3 eggs, separated
1 tablespoon gelatine
2 tablespoons water
1 cup cream
1 tablespoon sugar, extra

Combine rinds and juices with sugar and lightly-beaten egg-yolks in top of double saucepan.

Soften gelatine in the water, add to mixture, stir over low heat until sugar has dissolved and mixture has slightly thickened.

Remove from heat, allow to cool; refrigerate until partially set. Beat egg-whites until soft peaks form, gradually add extra sugar, beat until sugar has dissolved; fold gently into lemon mixture.

Whip cream until just thickened, fold through mixture. Pour into crumb crust, refrigerate until set.

Decorate, if desired, with extra whipped cream.

PUMPKIN PIE PASTRY

2 cups plain flour
 ½ teaspoon baking powder
 pinch salt

125 g (4 oz.) butter
 1½ tablespoons water
 1 teaspoon lemon juice

Sift dry ingredients, rub in butter until mixture resembles dry breadcrumbs. Mix to a pliable dough with water and lemon juice. Turn on to lightly-floured board, roll out to fit 23 cm (9 in.) pie plate. Trim and decorate edges.

FILLING

750 g (1½ lb.) pumpkin
 2 eggs
 ¾ cup honey
 pinch salt

1½ teaspoons mixed spice
 ¾ cup evaporated milk
 ¾ cup milk

Peel pumpkin, remove seeds, cut into pieces; cook in boiling salted water until tender, drain well. Put in electric blender with all remaining ingredients, blend until smooth. (Or sieve pumpkin, combine with all remaining ingredients, beat well with rotary beater.) Pour filling into pie case. Bake in hot oven 15 minutes, reduce heat to moderate, cook further 45 minutes or until set.



VANILLA SLICE

VANILLA SLICE



500 g (1 lb.) packaged
puff pastry
1 cup sugar
 $\frac{3}{4}$ cup cornflour
 $\frac{1}{2}$ cup custard powder

1.25 litres (5 cups) milk
60 g (2 oz.) butter
2 egg-yolks
2 teaspoons vanilla

Have pastry at room temperature. Divide pastry into two equal parts. Roll each to 33 cm (13 in.) square; with sharp knife trim to 30 cm (12 in.) square.

Put one square of pastry on large ungreased oven tray. Bake in very hot oven 5 to 10 minutes, or until well browned. Trim pastry with a sharp knife to a 23 cm (9 in.) square. Bake and trim remaining pastry in the same way. Flatten 'puffy' side of both pieces of pastry with hand.

Line a 23 cm (9 in.) square slab tin or cake tin with aluminium foil, bringing foil up over sides; this makes it easy to remove slice when set. Put one piece of pastry into base of tin with flattened side up. Combine sugar, cornflour and custard powder in heavy-based saucepan. Mix well to combine. Blend with a little of the milk until smooth, stir in remaining milk; add butter. Stir constantly over medium heat until custard boils and thickens, reduce heat, simmer 3 minutes. Remove from heat, quickly stir in vanilla, then quickly stir in beaten egg-yolks. Pour hot custard immediately over pastry in tin. Put remaining pastry on top of custard, with flattened side touching hot custard and smooth under-surface uppermost. Press pastry firmly. Spread evenly with Passionfruit Icing. When cool, refrigerate several hours or overnight until set.

Passionfruit Icing: Sift 1 cup icing sugar into small basin, add 1 teaspoon softened butter and pulp from one passionfruit. Add enough water, about 1 teaspoon, for thick spreading consistency, beat well.

BLACKBERRY PIE



BLACKBERRY PIE PASTRY

2½ cups self-raising flour
185 g (6 oz.) butter
⅓ cup cold water (approx.)

pinch salt
2 teaspoons sugar

Sift flour and salt. Cut butter into flour, then rub in butter until mixture resembles fine breadcrumbs. Make well in centre, add water, mix to firm dough. Another teaspoon or two of water may be needed, depending on type of flour. Wrap in plastic food wrap, refrigerate at least 30 minutes. Knead lightly on lightly floured board.

Roll out half the pastry, line 20 cm (8 in.) pie plate. Refrigerate 15 minutes. Spoon filling over pastry, roll out remaining pastry, arrange over pie. Trim edges. Make 2 to 3 cuts on top to allow steam to escape. Sprinkle sugar over pie.

Bake in moderately hot oven 30 to 35 minutes. Serve warm, with cream.

FILLING

2 315 g (10 oz.) cans
blackberries
2 tablespoons sugar

1 tablespoon brandy
2 tablespoons cornflour

Drain blackberries, reserve syrup. Put 1 cup syrup into saucepan with sugar, stir over low heat until sugar dissolves. Blend cornflour in additional ¼ cup syrup, gradually add to hot syrup, stir until mixture boils and thickens. Add brandy, cool. Fold drained blackberries through cooled syrup.

BRANDY ALEXANDER PIE



BRANDY ALEXANDER PIE

CRUMB CRUST

**185 g (6 oz.) plain sweet
biscuits**

90 g (3 oz.) butter

Crush biscuits finely. Melt butter, add to biscuit crumbs, mix well. Line base and sides of greased 18 cm (7 in.) sandwich tin with removable base. Refrigerate while preparing filling.

FILLING

**125 g (4 oz.) packet white
marshmallows**

2 tablespoons milk

1 tablespoon Creme de Cacao

1 tablespoon brandy

2 teaspoons gelatine

2 tablespoons water

1 cup cream

Put marshmallows and milk in top of double saucepan over hot water. Stir over low heat until marshmallows are melted. Add Creme de Cacao and brandy, cool. Sprinkle gelatine on water, dissolve over hot water, add to marshmallow mixture. Fold in whipped cream. Pour mixture into prepared crumb crust. Refrigerate 24 hours before serving. Decorate, if desired, with extra whipped cream and grated chocolate.

TARTLETS



TARTLETS

90 g (3 oz.) butter

¼ cup sugar

1 egg-yolk

1 cup plain flour

Beat butter until creamy, add sugar, beat until just combined. Add beaten egg-yolk gradually, do not overbeat (overmixing at this stage will make pastry difficult to handle). Work in two-thirds of sifted flour with wooden spoon, then remaining sifted flour by hand. Turn on to lightly-floured sheet of greaseproof paper, put another sheet of greaseproof on top, roll out pastry thinly to about 3 mm (⅛ in.), cut with 6 cm (2½ in.) or 8 cm (3 in.) (depending on size of patty tins) floured cutter, fit into lightly greased patty tins. Prick tartlet cases well, bake in moderate oven. 10-12 minutes.

Makes about 18.

SUGGESTED FILLINGS

STRAWBERRY: Whip 1 cup cream, pipe or spoon approximately 1 tablespoon cream into each tartlet case. Put 2 tablespoons strawberry jam and 2 teaspoons brandy in saucepan, stir over low heat until combined. Wash and hull 1 punnet strawberries. Brush strawberry glaze over each strawberry. Place one strawberry on top of cream in each tartlet case.

HONEYED-LEMON TARTLETS: Beat 2 eggs, combine with ½ cup sugar, ¼ cup honey, 60 g (2 oz.) butter, 2 teaspoons grated lemon rind and ⅓ cup lemon juice in top of double saucepan; stir constantly over hot water until thickened. Allow to become cold before spooning into tartlet cases.

OLD-FASHIONED CHEESE CAKES: Put small teaspoon of apricot jam into each unbaked tartlet case. Beat 2 egg-whites until soft peaks form, add ½ cup castor sugar gradually, beating well after each addition. Fold in 1 cup coconut and 1 cup cake crumbs. Spread approximately 2 teaspoons into each tartlet case on top of jam. Bake in moderate oven 20 minutes or until golden brown.

PASSIONFRUIT MALLOW PIE



PASSIONFRUIT MALLOW PIE PASTRY

1½ cups plain flour
pinch salt
125 g (4 oz.) butter

1 egg-yolk
1 to 2 teaspoons water
1 teaspoon lemon juice

Sift flour and salt into bowl, rub in butter until mixture resembles fine breadcrumbs. Mix in lightly-beaten egg-yolk, lemon juice and water. Turn on to lightly-floured surface, knead lightly. Roll pastry to fit 23 cm (9 in.) pie plate. Prick base and sides. Refrigerate 30 minutes. Bake in moderately-hot oven 12 to 15 minutes, or until cooked; allow to cool. Spread cooled filling into pie case, spoon or pipe topping over evenly. Refrigerate until set.

PASSIONFRUIT FILLING

60 g (2 oz.) butter
½ cup sugar
¾ cup water
2 tablespoons cornflour
¼ cup lemon juice

3 passionfruit
1 teaspoon gelatine
1 tablespoon water, extra
1 egg-yolk

Combine butter, sugar, water, cornflour and lemon juice in saucepan, blend well. Stir over medium heat until sauce boils and thickens slightly. Remove from heat. Soften gelatine in extra water, add to filling, stir until gelatine has dissolved. Stir in passionfruit pulp and lightly-beaten egg-yolk, mix well. Allow to cool.

TOPPING

1 egg-white
1 teaspoon gelatine
½ cup water

1 teaspoon lemon juice
½ cup castor sugar

Soften gelatine in water, dissolve over hot water; allow to cool; add lemon juice. Beat egg-white until firm peaks form, gradually add gelatine mixture, beating on high speed of electric mixer; then gradually add sugar; continue beating until sugar has dissolved, and mixture is thick, white and fluffy.

LEMON MERINGUE PIE

LEMON MERINGUE PIE
PASTRY

2 cups plain flour
pinch salt
1 tablespoon icing sugar
185 g (6 oz.) butter

1 tablespoon lemon juice
1 to 2 tablespoons
iced water

Sift flour, salt and icing sugar into basin; chop butter roughly, add to dry ingredients, rub in until mixture resembles dry bread-crumbs. Add lemon juice and sufficient water to mix to a firm dough. Refrigerate 30 minutes. Roll pastry on lightly-floured surface large enough to fit 23 cm (9 in.) pie plate, trim and decorate edges. Prick base and sides of pastry with fork, bake in moderately hot oven 10 to 15 minutes or until golden brown; allow to cool.

Spread cold lemon filling into pastry case, top with meringue, spreading meringue to edges of pie to seal; bake in moderate oven 5 to 10 minutes, or until lightly browned.

LEMON FILLING

4 tablespoons plain flour
4 tablespoons cornflour
1 tablespoon grated lemon
rind

1 cup sugar
1¼ cups water
90 g (3 oz.) butter
4 egg-yolks

¾ cup lemon juice

Combine sifted flours, lemon rind, lemon juice and sugar in saucepan, add water, blend until smooth, stir over heat until mixture boils and thickens; reduce heat, cook, stirring, further 2 minutes. Remove from heat, stir in butter and lightly-beaten egg-yolks, stir until butter has melted; allow to cool.

MERINGUE

4 egg-whites
2 tablespoons water

pinch salt
¾ cup castor sugar

Combine egg-whites, water and salt in small bowl of electric mixer, beat on high speed until soft peaks form; gradually add sugar, beat well until sugar is dissolved.

FRUIT SLICE

FRUIT SLICE
PASTRY

1½ cups self-raising flour
 ⅓ cup ground rice
 2½ tablespoons cornflour
 125 g (4 oz.) butter

¼ cup castor sugar
 1 egg
 extra castor sugar

Sift flour, ground rice and cornflour into basin, rub in butter until mixture resembles fine breadcrumbs. Stir in sugar and lightly-beaten egg. Knead lightly on floured board. Roll out half the pastry, fit into greased and greased-paper lined 28 cm by 18 cm (11 in. by 7 in.) lamington tin.

Cover evenly with prepared filling. Roll out remaining pastry, place on top of filling. Glaze with little cold water, sprinkle with extra sugar. Bake in hot oven 20 to 25 minutes. Cool; cut into pieces.

FILLING

250 g (8 oz.) dates
 1 tablespoon grated lemon
 rind
 2 tablespoons lemon juice
 125 g (4 oz.) sultanas
 125 g (4 oz.) raisins
 30 g (1 oz.) mixed peel
 60 g (2 oz.) glace cherries

2 teaspoons sugar
 30 g (1 oz.) butter
 1 teaspoon mixed spice
 ¾ cup water
 1 tablespoon arrowroot
 1 tablespoon rum or
 orange juice

Place in saucepan chopped dates, lemon rind and juice, sultanas, chopped raisins, mixed peel, cherries, sugar, butter, mixed spice and water. Stir over low heat until mixture becomes thick. Blend arrowroot with rum or orange juice, stir into fruit mixture. Return to heat, stir 3 minutes. Remove from heat; allow to cool completely.

CHOCOLATE PEPPERMINT PIE**CHOCOLATE PEPPERMINT PIE****BISCUIT CRUST**

185 g (6 oz.) plain
sweet biscuits

90 g (3 oz.) butter
2 tablespoons cocoa

Crush biscuits very finely. Place biscuit crumbs and sifted cocoa into bowl. Add melted butter; mix well. Press biscuit mixture over base and sides of lightly greased 23 cm (9 in.) flan tin. Refrigerate while preparing filling.

FILLING

250 g (8 oz.) packaged
cream cheese
 $\frac{1}{3}$ cup castor sugar
1 teaspoon gelatine
2 tablespoons water
1 cup cream

$\frac{1}{2}$ teaspoon vanilla
125 g (4 oz.) chocolate
peppermint after-dinner
mints
2 tablespoons water, extra

Beat cream cheese and sugar in bowl until light and fluffy. Combine gelatine and water in bowl, stand over saucepan of simmering water until gelatine is dissolved; allow to become cold. Add gelatine mixture to cream cheese, beat until combined. Beat cream in bowl until soft peaks form, fold into cream cheese mixture with vanilla. Spoon into crumb crust. Place chocolate mints and extra water in top of double saucepan over simmering water, stir until chocolate is melted. Swirl chocolate mixture lightly through cream cheese filling. Refrigerate until ready to serve. If desired, decorate with whipped cream.

EGG AND BACON PIE



EGG AND BACON PIE

500 g (1 lb.) packaged
puff pastry
250 g (8 oz.) bacon
6 eggs

2 tablespoons chopped
parsley
salt, pepper
1 egg-yolk
1 teaspoon water

Roll out half the pastry and line a 20 cm (8 in.) pie plate. Refrigerate 15 minutes. Remove rind and excess fat from bacon rashers, chop roughly, cook gently for 3 minutes. Allow bacon to cool. Place half the bacon in base of pie plate. Break the eggs in, one at a time, being careful not to break the yolks. Arrange eggs in circular pattern. Season with salt and pepper, sprinkle with remaining bacon to cover eggs; sprinkle with parsley.

Roll out remaining pastry, cover pie, press edges together well; trim edges. Brush with combined beaten egg-yolk and water; decorate top, if desired. Refrigerate 15 minutes. Bake in hot oven 15 minutes, reduce heat to moderate, cook further 15 to 20 minutes. Serve hot or cold.

Serves 4

BEEF WELLINGTON**BEEF WELLINGTON**

1.25 kg (2½ lb.) fillet
of beef

125 g (4 oz.) butter

1 tablespoon oil

salt, pepper

1 medium onion

125 g (4 oz.) mushrooms

60 g (2 oz.) pate de foie

500 g (1 lb.) packaged
puff pastry

1 egg-yolk

1 tablespoon water

Trim fillet, season well with salt and pepper. Heat 30 g (1 oz.) butter and oil in shallow pan, brown meat on all sides well; this should take about 10 minutes. Remove from heat, allow to cool completely.

Chop onion finely, thinly slice mushrooms. Saute in 30 g (1 oz.) butter until tender. Combine remaining 60 g (2 oz.) softened butter with the pate, season with salt and pepper. Spread the pate over the top of the fillet, then top with cooled onion-and-mushroom mixture.

Roll out puff pastry to rectangle approximately, 35 cm by 25 cm (14 in. x 10 in.). Carefully turn meat top side down in centre of pastry. Fold the two outside edges together towards the centre, seal firmly. Fold pastry over to form an envelope seal at either end. Place roll, right side up on greased baking tray.

Brush over pastry with combined beaten egg-yolk and water. Bake in very hot oven 10 minutes; reduce heat to moderate, bake further 15 to 20 minutes for medium-rare meat; for medium-cooked meat allow a further 10 minutes.

Serves 4

AUSTRALIAN MEAT PIE



AUSTRALIAN MEAT PIE

PIE BASE

2 cups plain flour

½ teaspoon salt

⅔ cup water

60 g (2 oz.) beef dripping

Sift flour and salt into basin. Place water and dripping into saucepan, stir until dripping melts; remove from heat. Make a well in centre of dry ingredients, add liquid, stir until combined. Turn out on to lightly-floured surface, knead lightly. Roll out pastry to line 8 greased pie tins. Fill centre with cold meat filling.

FILLING

750 g (1½ lb.) minced steak

2 beef stock cubes

salt, pepper

2 cups water

pinch nutmeg

3 tablespoons plain flour

⅔ cup water, extra

**¼ teaspoon parisienne essence
or soy sauce**

Place meat into pan, stir over low heat until meat is well browned. Drain off any surplus fat. Add crumbled stock cubes, water, salt, pepper and nutmeg, stir until boiling, reduce heat, cover, simmer gently 20 minutes; remove from heat. Add extra water to flour, stir until flour mixture is smooth. Add flour mixture to meat, stir until combined. Return to heat, stir until meat boils and thickens. Add soy sauce or parisienne essence (to give rich brown color), stir until combined. Simmer, uncovered, until meat mixture is very thick; remove from heat, allow to become cold.

PIE TOP

**375 g (12 oz.) packaged
puff pastry**

1 egg-yolk

1 teaspoon water

Roll out puff pastry on lightly floured surface, cut out rounds for top of pies; use saucer as guide. Wet edges of base pastry, and gently press tops into place. Pierce centre with pointed knife. Brush tops with combined egg-yolk and water. Bake in hot oven 5 minutes or until golden brown, reduce heat to moderate, cook further 10 minutes.

PIZZA



PIZZA

2½ cups plain flour
 ½ teaspoon salt
 15 g (½ oz.) compressed yeast

½ teaspoon sugar
 2 tablespoons oil
 ⅔ cup warm water

Sift flour and salt into bowl. Cream sugar, yeast and 1 teaspoon of the sifted flour, stir in water; cover and stand in warm place 10 minutes or until bubbles appear on surface. Add oil to flour, stir until oil is evenly distributed through flour. Make a well in centre of flour, add yeast mixture; mix well. Turn out on floured surface; knead well. Place dough into lightly-oiled bowl, cover and stand in warm place until doubled (approx. 30 minutes). Punch down.

Turn dough out of bowl; knead well. Divide dough in two, roll each out to cover 2 greased 23 cm (9 in.) pizza pans. Spread cold tomato filling evenly over each base. Arrange thin slices of mozzarella cheese over filling, top with well-drained anchovy fillets, sprinkle over sliced olives, then basil or oregano. Bake in moderately hot oven 20 minutes or until crust is golden brown.

TOMATO FILLING

1 tablespoon oil
 1 clove garlic
 470 g (15 oz.) can whole tomatoes

salt, pepper
 2 tablespoons tomato paste
 ½ teaspoon sugar

Heat oil in pan, add crushed garlic, saute gently 1 minute. Add undrained tomatoes, tomato paste, sugar, salt and pepper. Bring to boil, reduce heat, simmer uncovered 15 minutes; cool.

TOPPING

60 g (2 oz.) can anchovy fillets
 60 g (2 oz.) stuffed olives

250 g (8 oz.) mozzarella cheese
 ½ teaspoon basil or oregano

CORNISH PASTIES
PASTRY

4 cups plain flour
 ½ teaspoon salt
 250 g (8 oz.) butter

1 cup water, approx.
 1 egg for glazing

Sift flour and salt into bowl. Rub in butter until mixture resembles fine breadcrumbs. Add sufficient water to mix to a firm dough. Turn on to floured surface, knead lightly. Roll out dough thinly, cut into 15 cm (6 in.) circles (use a saucer as a guide). Put a heaped tablespoon of filling in centre, bring edges of pastry together, pinch a frill across the top. Place on greased oven slides. Glaze with lightly-beaten egg. Bake in hot oven 15 minutes, reduce heat to moderate, bake further 20 minutes.

FILLING

250 g (8 oz.) round steak
 2 potatoes
 2 medium onions
 2 turnips

pinch thyme
 salt, pepper
 1 tablespoon finely-chopped parsley

Trim excess fat from meat, cut meat into very small cubes. Peel and finely dice potatoes, onions and turnips. Combine meat, vegetables, thyme, salt, pepper and parsley, mix well.
Makes approximately 12 pasties.

CORNISH PASTIES



ENGLISH PORK PIE



PORK PIE

1.5 kg (3 lb.) lean pork
 1½ teaspoons mixed herbs
 salt, pepper
 3 cups plain flour
 ½ cup water
 ½ cup milk

155 g (5 oz.) lard
 1 tablespoon water, extra
 1 egg-yolk
 1 fresh (not pickled)
 pigs trotter
 3 cups water, extra

Cut pork into 1 cm (½ in.) pieces, discarding most of fat; add mixed herbs, salt and pepper. Sift flour and a pinch of salt into bowl. Combine water, milk, and lard in saucepan, heat until lard melts, pour hot liquid into flour, mix until combined. Form into a ball; knead well.

Cut off one-third of pastry, keep warm. Roll out remaining pastry, line greased deep 20 cm (8 in.) round cake tin, pressing out creases in pastry at sides. Put meat into pastry case, add extra one tablespoon water. Roll out remaining pastry, put on top, seal edges. Decorate with pastry leaves made from trimmings. Make a hole in centre, so steam will escape; brush with beaten egg. Bake in hot oven 20 minutes, reduce heat to moderate, cook further 1 hour.

Cool in tin. While pie is cooking, put trotter, extra 3 cups water, pinch salt in saucepan, cover, bring to boil, reduce heat, simmer 2 hours, strain, cool liquid until warm. Pour strained liquid into hole in top of pie. (It's easy if you insert a small funnel in the hole and pour liquid through.) Refrigerate pie overnight. If you wish to make a pastry rose for centre of top of pie, bake separately and place over steam hole, after pouring in the liquid.

Serves 6.

COULIBIAC OF SALMON



COULIBIAC OF SALMON

125 g (4 oz.) butter

1 small onion

125 g (4 oz.) mushrooms

250 g (8 oz.) can red salmon

3 hard-boiled eggs

 $\frac{1}{3}$ cup rice

salt, pepper

500 g (1 lb.) packaged

puff pastry

1 egg-yolk

1 tablespoon water

Heat 60 g (2 oz.) butter in pan, add peeled and finely chopped onion and sliced mushrooms. Saute until onion is transparent, remove from heat. Drain salmon, remove bones, put in bowl; mash lightly. Add onion mixture to salmon, mix lightly. Season with salt and pepper. Add rice to large quantity of boiling salted water, boil uncovered 12 minutes, drain, cool.

Divide pastry in half, roll out each half to a 30 cm (12 in.) square; trim edges. Cut each 30 cm (12 in.) square into 4 equal squares. Trim pancakes a little smaller than pastry squares. Put a pancake on to each pastry square. Spoon salmon mixture into centre of each pancake, then top each with thinly sliced eggs, and 2 teaspoons of rice. Bring each corner of pastry square into centre, pinch together, then pinch down each side until all edges are sealed. Repeat with remaining pastry squares. Brush each with combined beaten egg-yolk and water. Put on to greased tray, bake in very hot oven 5 minutes; reduce heat to moderately hot, cook further 10 minutes or until golden brown. Make a small slit in each pastry square, pour a little of the remaining melted butter into each square.

Pancakes: Sift $\frac{1}{2}$ cup plain flour and pinch of salt into basin, add one egg and $\frac{3}{4}$ cup milk, mix to a smooth batter. Add 2 tablespoons chopped parsley; mix well. Stand 1 hour. Heat pan, grease lightly. From jug pour 2 to 3 tablespoons of batter into pan, cook until set and golden underneath. Turn and brown on other side.

APPLE PIE



APPLE PIE

PASTRY

1½ cups plain flour
¾ cup self-raising flour
⅓ cup custard powder
⅓ cup cornflour
pinch salt
185 g (6 oz.) butter

1 tablespoon sugar
1 egg-yolk
3 tablespoons water (approx.)
1 egg-white for glazing
extra sugar

Sift flours, custard powder and salt into basin. Rub in butter until mixture resembles fine breadcrumbs, add sugar; mix well. Make well in centre of dry ingredients, add egg-yolk and water, mix to a firm dough, knead lightly. Refrigerate pastry 1 hour. Roll out just over half the pastry, line a 23 cm (9 in.) pie plate. Spread base of pie with apricot jam. Put cooled and drained apple over apricot jam. Roll out remaining pastry, brush edges of pie with milk, and cover with pastry. Press edges together firmly, trim and decorate. Brush top with lightly-beaten egg-white, sprinkle with extra sugar. Cut a few slits in top. Bake in moderately-hot oven 20 minutes, reduce heat to moderate, cook further 20 to 25 minutes, or until pie is golden brown.

FILLING

7 large cooking apples
½ teaspoon grated lemon rind
3 tablespoons sugar

½ cup water
2 tablespoons apricot jam

Peel, quarter and core apples; cut each quarter in half lengthways. Put in saucepan with water, sugar and lemon rind. Cook, covered, until apples are almost tender and still holding their shape. Remove from heat, drain off any syrup; allow apples to cool.